A close-up photograph of a person's hand resting on the back of a cow. The hand is adorned with several silver-toned bracelets, some featuring turquoise stones, and two large, ornate rings. The cow's fur is dark with white speckles. The background is a soft-focus view of ocean waves breaking on a beach.

Self-Care

After Reiki Healing Treatment

I trust you are feeling the positive effects of your Reiki healing session. As the energy continues to flow and integrate into your being, it's important to take mindful steps in nurturing your body, mind, and spirit. Below are a few simple after-care recommendations to support your healing process:

1. Hydration is Key

After a Reiki session, the energy is working to release any blockages and bring balance to your body. Drinking plenty of water will help to flush out any toxins and aid in the smooth flow of energy. Aim to drink at least 8 glasses of water throughout the day.

2. Rest and Reflection

Give yourself time to rest after the session. You may feel a deep sense of relaxation or even a bit of tiredness as your body integrates the healing energy. Take a moment for quiet reflection, whether through meditation, journaling, or simply sitting in stillness. Trust the process and honour whatever emotions or sensations arise.



3. Self-Care Practices

Take some time to nurture yourself. This could include in taking a relaxing bath with Epsom salts or a warm shower, light stretching or yoga, and grounding exercises such as walking barefoot on the earth. Your body may be more sensitive after the session, so treat yourself with kindness and compassion. Just be Gentle with yourself in this time of healing.

4. Be Gentle with Your Energy

Avoid overstimulating activities for the rest of the day, such as heavy exercise or stressful situations. If you feel the need to sleep, allow yourself to rest as much as your body requires. It's important to give yourself permission to relax and integrate.



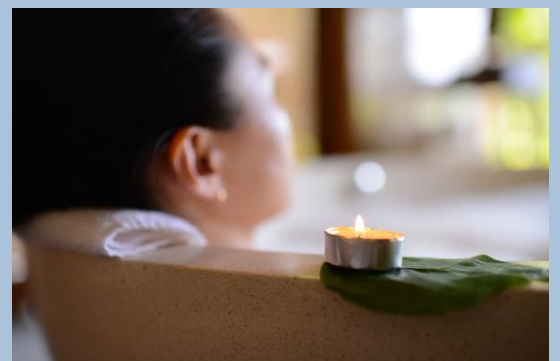
Breathe

5. Stay Open to Your Healing Journey

Energy shifts can sometimes result in emotional releases or physical sensations as old energies are cleared. This is perfectly natural, and it's important to honour whatever comes up. If you experience any discomfort, simply acknowledge it and know that the healing is continuing. You may also notice new insights, perspectives, or shifts in your daily life.

6. Continued Mindfulness

As the energy continues to work within you, practicing mindfulness can help maintain the flow of balance. If you feel the need, simple breathing exercises, affirmations, or light meditation can be wonderful tools to keep you centred.





7. Follow-Up Sessions

Remember, healing is a journey. I recommend booking follow-up sessions if you feel the need for deeper work or support as you continue your healing process. Each session builds on the last, bringing more layers of healing and transformation.

This after-care plan encourages gentle self-nurturing while reinforcing the ongoing nature of the healing journey.

With love and light,

Katrina Snelling

Infinite Healings of Light